



MIDDLE SCHOOL TOUR

# Experience Costa Rica

8 DAYS

Middle-schoolers will marvel at Central America's beauty and bounty, experiencing a blend of cultural immersion and tropical wonders on this eight-day Costa Rica adventure. Spend time in the lush rainforests of Alajuela, explore the Arenal Volcano and its natural surroundings, and zipline across treetops in Sarapiquí. The breathtaking biodiversity and Pura Vida personality of this unique destination is sure to leave students awestruck.

WHAT'S INCLUDED



Structured itinerary designed to engage middle-schoolers



Longer hotel stays for ease of travel (7 nights, 2 hotels)



Full-time Tour Director who's confident guiding this age group



1 expert-led sightseeing tour in an iconic destination



All transportation, including round-trip flights



12 tickets to bucket-list experiences and attractions



7 breakfasts, 1 lunch, and 6 dinners featuring regional cuisine



Experiential learning that expands worldviews



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YOUR TOUR NUMBER



## Arenal region

Days 3–5

The iconic Arenal Volcano towers over this region, which serves as a hotspot for outdoor activities like kayaking, hiking, and relaxing in natural hot springs.

## Sarapiquí region

Days 5–7

Dive deep into the rainforest in this dream destination for ecotourism, agriculture, ziplining, and river rafting.

## Alajuela

Days 1–3

Days 7–8

One of the country's most extensive provinces, Alajuela combines history, culture, and the natural beauty of Costa Rica's Central Valley.

COSTA RICA

*\*This tour may be reversed*

# Take in this tour's highlights

## Alajuela

Visit the Toucan Rescue Ranch (TRR) and learn how their team rescues, rehabilitates, and releases Costa Rican wildlife back into nature. From toucans and parrots to sloths and other local animals, TRR provides sanctuary while administering expert medical care.

**MADE FOR MIDDLE-SCHOOLERS** Visit the quaint, artisanal community of Sarchí, known for its family-owned woodworking establishments, and participate in your very own arts and crafts workshop.

Join a coffee tour and see how these local farms produce some of the world's best beans. From the fields where it's grown to the cafes where it's brewed, learn the essential role coffee plays in the country's agriculture and economy.

**MADE FOR MIDDLE-SCHOOLERS** Spend the evening learning about Costa Rican culture over a traditional dinner. After the meal, marimba music and entertainment by a local dance troupe make this a night to remember.

## Arenal region

Overlooking the San Carlos Plain and the Pacific Lowlands, the mile-high Arenal Volcano has been active for over 7,000 years, serving as a watershed for Lake Arenal. The volcano also provides thermal energy for nearby hot springs, where you'll relax in the naturally heated pools.

**Arenal region (cont.)** Hike to the bottom of the spectacular La Fortuna Waterfall and gaze up at the famous 200-foot-tall landmark.

**MADE FOR MIDDLE-SCHOOLERS** Take a kayaking trip around Lake Arenal and view its neighboring volcano from a different angle.

## Sarapiquí region

**MADE FOR MIDDLE-SCHOOLERS** Enjoy the thrill of whitewater rafting on the Sarapiquí River, where Class II and III rapids provide just the right amount of adventure for beginners.

Visit a local pineapple farm, and meet the people who plant, harvest, and export these tropical treats.

**MADE FOR MIDDLE-SCHOOLERS** Hike across a suspension bridge to a former cocoa-growing plot and take a chocolate tour at Tirimbina Biological Reserve. Learn about the cocoa tree, the history of chocolate, and enjoy a chocolate tasting.

Ride the aerial tram at Braulio Carrillo National Park for a breathtaking, bird's-eye view of the rainforest canopy as the gondola traverses a valley and climbs a small mountain.

